

**Amendments to the Abstract:**

Please replace the abstract with the following rewritten abstract:

A method for producing lightweight concrete is disclosed which comprises mixing foamed particles, aggregates, and cement slurry to create a strong, lightweight concrete. The foamed particles can be created by grinding foamed plastic waste material. The aggregates comprise soluble glass, water, and polyvinyl acetate. One embodiment includes batching the cement in two stages. The concrete is pressed to within 65-70% of its volume prior to drying. Lightweight concrete comprising foamed plastic particles mixed with cement, water, soluble glass, and polyvinyl acetate is also disclosed, where the concrete, after compacting and drying possesses greater strength than common polystyrofoam concrete.